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1-Dedication

1-Swahili
Namuomba Mwenyezi Mungu akubali kazi hii kutoka kwa mtumishi mnyenyekevu.
Ninajitolea kazi hii katika kumbukumbu ya wazazi na Kwa Familia Yangu kwa Msaada wao wote.

2-English
I ask Allah to Accept this work from a humble servant. I dedicate this work in Memory of my Parents, and my Family for all their Support.

3-Arabic
أسأل الله أن يتقبل هذا العمل من عبد متواضع. أهدي هذا العمل لذكرى والديّ ، وعائلتي لدعمهم الكامل.

4-French
Je demande à Allah d'accepter ce travail d'un humble serviteur. Je dédie ce travail à la mémoire de mes parents et à ma famille pour tout leur soutien.

2-Preface

O My Fellow Beings. Find here below the Pearls, Diamonds and Gold From The Glorious Book “The Quran”. And In order to get these precious items there are some condition and these are:
1/Belief in Allah (God), All The Prophets and Messengers and Their Teachings.
2/Purification of our hearts from Minor and Major Sins. (I have added information on Type of Sins etc. At the end of this Article.)
3/We should follow all the hygienic Practises.
4/And on Other Deceases related to Physiology (Non-Psychological Deceases) we should first seek advice from our Doctor (Don’t Forget That The Doctor is only a means but the curer is Allah (Our Creator).
5/Sincerity

3-Introduction

This booklet discusses Prophetic Therapy which can be used to help cure the Psychological Diseases (Stress and Depression) as well as Psychological Diseases. There is also a mention on Prophet Noah Prayer which deals with the Blessed Sustenance. At the end of this booklet There is a List of Minor as well as Major Sins which will help us know them and also stay far from these.

4-Sustenance

From The below Ayat From The Quran Noah advised his people to ask Allah (The Creator) for Forgiveness. Just one word “Forgiveness” will be enough to get all the below mentioned benefits. This word is free and all of us can use. We learn from his advice to do the same and its Guaranteed that we will get the positive results!!! We shouldn’t hurry up but just pray and wait, let’s Just have patience and wait and we will finally get results as God hears our prayers and he will never let us down and if we don’t get the answer then it might also be good for us as Allah knows best why he didn’t provide what we wish or perhaps we will get in the hear after as the Kingdom of Allah (God) is Vast. Forgiveness means asking Allah (God) to forgive from our past and present sins and this prayer will help us to abstain on committing further sins.
“The Blessed Sustenance” is the one which has no issues. As not all income is good, some can create happiness and some can cause sadness.
Chapter (71) Nūḥ
Ayat From Number 10 to 12
(وَيُمۡدِدۡكُم بِأَمۡوَٰلٖ وَبَنِينَ وَيَجۡعَل لَّكُمۡ جَنَّٰتٖ وَيَجۡعَل ١١) يُرۡسِلِ ٱلسَّمَآءَ عَلَيۡكُم مِّدۡرَارٗا (١٠ فَقُلۡتُ ٱسۡتَغۡفِرُواْ رَبَّكُمۡ إِنَّهُۥ كَانَ غَفَّارٗا)
(١٢ لَّكُمۡ أَنۡهَٰرٗا)
English Translation
“I said (to them)’Ask forgiveness of your Lord. Indeed, He is ever a Perpetual Forgiver.(10)
He will send [rain from] the sky upon you in [continuing] showers (11)
And give you increase in wealth and children and provide for you gardens and provide for you rivers.(12)

Practical Application

Application of the above advice to our daily lives.
We should ask Allah (God) for Forgiveness from our daily Sins several times. Whenever we are Free, during the day or night. And we should continue as many times as we can. (Preferably throughout our lives and privately inside our heart).

5-Psychological Diseases

We have Just to believe in Allah (God), and keep on praising his name or one of his attributes mentioned here below which elevates his name and If we shouldn't forget that when we raise his name he will raise ours too. We can use any language of our choice as Allah (God) Is the owner of all the wordly languages so he will understand us. If we remember him during happiness he will remember us during tribulations. If we keep on praising and mentioning his name in our hearts then this will remove all the wordly burdens. All the Stress or Depression will vanish. This is a free therapy.
Chapter (13) Al-raʿd (The Thunder)
Ayat Number 28

)٢٨ٱلَّذِينَ ءَامَنُواْ وَتَطۡمَئِنُّ قُلُوبُهُم بِذِكۡرِ ٱللَّهِۗ أَلَا بِذِكۡرِ ٱللَّهِ تَطۡمَئِنُّ ٱلۡقُلُوبُ (

English Translation
Those who have believed and whose hearts are assured by the remembrance of Allah. Unquestionably, by the remembrance of Allah hearts are assured."(28)
Chapter (2) Al-Baqarah (The Cow) Ayat Number 155

)١٥٥وَلَنَبۡلُوَنَّكُم بِشَيۡءٖ مِّنَ ٱلۡخَوۡفِ وَٱلۡجُوعِ وَنَقۡصٖ مِّنَ ٱلۡأَمۡوَٰلِ وَٱلۡأَنفُسِ وَٱلثَّمَرَٰتِۗ وَبَشِّرِ ٱلصَّٰبِرِينَ (

English Translation
Be sure we shall test you with something of fear and hunger, some loss in goods or lives or the fruits (of your toil), but give glad tidings to those who patiently persevere,

Self Therapy

Application of the above advice to our daily lives.
We should Praise and Mention Allah's Attributes (God) Several Times. Whenever we are Free during the day or night and continue as long as we can. We have to mention them in our hearts. It should be Private. We can use one or more from some of the below Allah's Attributes. Allah has 99 Attributes and each has several benefits. The below are only some of these.
Allah's (Gods) Attributes:
Name: الرَّحۡمَنُ
Transliteration: Ar-Rahmaan
Meaning: The Beneficent
————————————
Name: الرَّحِيمُ
Transliteration: Ar-Raheem

Meaning: The Merciful
————————————————
Name: الْكَرِيمُ
Transliteration: Al-Kareem
Meaning: The Most Generous, The Most Esteemed
————————————————————————
Name: الْوَدُودُ
Transliteration: Al-Waduwd
Meaning: The Most Loving
————————————————————-
Name: اللَّطِيفُ
Transliteration: Al-Lateef
Meaning: The Subtle One, The Most Gentle
————————————————————
Name: الْحَفِيظُ
Transliteration: Al-Hadeeth
Meaning: The Preserver
————————————————————
Name: الْحَمِيدُ
Transliteration: Al-Hameed
Meaning: The Praiseworthy
————————————————————
Name: الرَّؤُوفُ
Transliteration: Ar-Ra'ouf
Meaning: The Most Kind
————————————————

6-Physiological Diseases

The Ayat from the Quran concerning The Prayer of Prophet Ayub (Job) is using very powerful words and we can use the same words when we are inflicted by diseases. We have to go to the doctor and follow his advice and at the same time mention and repeat in our hearts the Prayer of Ayub (Job) here below. I mean the best is to apply both therapies; The Conventional and Prophetic Therapy. Conventional Therapy is a must and at the same time we shouldn't forget to ask our creator for help.
Chapter (21) Al-Anbiyāa (The Prophets) Ayat Number 83
﴿٨٣وَأَيُّوبَ إِذۡ نَادَىٰ رَبَّهُۥٓ أَنِّي مَسَّنِيَ ٱلضُّرُّ وَأَنتَ أَرۡحَمُ ٱلرَّٰحِمِينَ ﴾
English Translation
And [mention] Ayub (Job) , when he called to his Lord, "Indeed, adversity has touched me, and you are the Most Merciful of the merciful."

Self Therapy

We have to repeat the prayer of Ayub (Job) inside our hearts several times when we are sick as well as when we are healthy when we seek protection against any other harmful germs such as Corona as the saying “Protection is better than Cure” etc. The Prayer can be in English as here:
“Indeed, adversity has touched me, and you are the Most Merciful of the merciful.”
or any other language of your choice.

7-Sins

Major and Minor Sins In Islam

Sin and consequences of sin:
“On the authority of an-Nawas bin Sam'an (may Allah be pleased with him), the Prophet (peace be upon him) said:"Righteousness is in good character, and wrongdoing is that which wavers in your soul, and which you dislike people finding out about."” [Hadith, Sahih Muslim]

- Sin is the aspect in a Muslim’s life which he or she makes efforts to abstain from all costs.
- Allah warns mankind that the ones whose bad deeds (sins) are heavy will be in Hell.
- Striving to live the life of a believer and separate from the likeness of the sinner
- Allah, in His Mercy, has made the number of things that are sin very small, and has made this life easy for someone to avoid sins or to seek repentance for them.

Major sins and Minor Sins

There are two types of sins in Islam

Major Sins

Any sin entailing either a treat of punishment in the hereafter explicitly mentioned by the Quran or Hadith, a prescribed legal penalty, or being accursed by Allah or His Messenger.

Minor Sins

Smaller Sins and daily activities where we have to be aware of our behaviour and conduct. (Such as Losing temper, saying bad words, making fun of people, bad behaviour, bad treatment of people etc.)

Discussion of Major Sins

Below is the list of major sins described by Islamic scholars, it is by no means complete list, but address common sins which most people engage and especially committed in this modern era.

1. Associating partner with ALLAH, The Most High (Shirk)
2. Killing A Human Being (Murder)
3. Sorcery (Practising Magic)
4. Not Performing the Prayer
5. Not Paying Obligatory Charity (Zakat)
6. Breaking One’s Fast During Ramadan without an Excuse
7. Not Performing the Hajj When Able to
8. Showing Disrespect to One’s Parents
9. Severing the Ties of One’s Relatives

10. Adultery (Fornication)
11. The Activities of The People of Prophet Lot. The Bible and Quran mentioned their Sin or any other type of illicit sexual conduct.
12. Accepting Usurious Gain. Interest (Ribaa)
13. Wrong Consuming an Orphan's Property
14. Lying About Allah and His Prophet
15. Not keeping the promise, dishonesty and unreliability when trusted.
16. The Leader Who Misleads His Followers, the Tyrant and the Oppressor
17. Arrogance, Pride, Conceit, Vanity and Haughtiness
18. Bearing False Witness
19. Drinking Alcohol
20. Gambling
21. Accusing a Woman of Adultery
22. Misappropriating Muslim Funds or Charity
23. Theft (Amount of theft when exceeded)
24. Highwaymen Who Menace the Road
25. The Engulfing Oath
26. Taking People's Property through Falsehood
27. Extortion
28. The Consumption of Haram (Haram means anything not allowed by the Islamic Religion such as drinking alcohol etc.)
29. Suicide
30. Telling Lies habitually
31. The Dishonest Judge
32. Bribery to gain undue advantage
33. Women Imitating Men and Vice Versa (Imitation in everything)
34. The Pimp and the One Who Permits His Wife to Fornicate
35. Marrying Solely to Return to the Previous Husband
36. Not Freeing Oneself of All Traces of Urine (to be clean from urine etc. all the time)
37. Showing off in Good Work
38. Learning Sacred Knowledge for the Sake of this World or Concealing It
39. Breach of Faith
40. Reminding Recipients of One's Charity to Them
41. Disbelieving in Destiny
42. Listening to the People's Private Conversations/spying
43. The Talebearer Who Stirs Up Enmity between People
44. Cursing others habitually
45. Breaking One's Promise or Pledge
46. Believing Fortune-tellers and Astrologers
47. A Wife's Rebellion against Her Husband without reason.
48. Injustice against others.
49. Overburdening and Arrogance against Others
50. Hurting One's Neighbour

51. Hurting or Reviling Fellow Human Beings
53. Wearing long Garments Out of Conceit
54. Men Wearing Silk or Gold
55. Slaughtering in Other Than Allah's Name
56. Falsely claiming someone is One's Father
57. Cheating When Weighing or Measuring Out Goods and Similar Merchandise
58. Despairing of the Mercy of Allah and Losing of Hope
59. Constantly Missing the Friday and Congregational Prayer without a Valid Excuse
60. Misappropriating inheritance money of the heirs.
61. Evil Schemes for any purpose.
62. Spying on the believers of Allah (God) and Revealing Their Weaknesses
63. Disparaging the Companions of the Prophet.
64. Consistently engage in back biting and slandering of people
65. Watching pornographic movies and scenes, especially become a habit.
67. Abortion without genuine medical reason, or especially if it is for the fear of poverty.
68. To have no fear of Allah: to think that Allah will not punish him for his sins.
69. To swear falsely in the name of Allah.
70. Rejection or denial of what Allah has revealed to Prophet.
71. Eat pork, dead animal, blood and animal not slaughtered in the name of Allah.
72. Hoarding in order to increase prices.
73. To help oppressors (Zalim)
74. To adulterate merchandise, to make it impure or poorer in quality by adding something of lesser value; to pass on imitation as genuine items.
75. Swearing in the name of Allah falsely.
76. Not following Allah's commandments in inheritance will.
77. Persistent on minor sins can lead to major sins.

<u>Discussion of Minor sins</u>

There is not any list of minor sins, because there could be countless minor sins, basically anything you do which is forbidden is a sin and there are sins we commit out of ignorance
or unintentionally as well. Some examples of minor sins are listed, but it is cannot be a complete list as mentioned above.

1. Not lowering your gaze to look at forbidden things.
2. Flirting
3. Cursing
4. Bulling
5. Imitating non believers in their dress, behaviour, style etc.
6. Wasting time on watching or reading useless material
7. Wasting time on listening to music or songs which are not useful or doesn't teach any useful knowledge. The Music or Song which takes us away from Prayers or belief in Allah (God)
8. Talking excessively about things which do not concern us
9. Making bad jokes
10. Having bad thoughts and much suspicions about others

11. Keeping an eye on other faults
12. Thinking high of oneself in piety or knowledge, expecting others to honor you and listen to you when you speak
13. Being rude to elder and harsh on children and shouting at others
14. Casting a deaf year to religious advice
15. Entering somebody's house without permission
16. Get mad when host refused to meet you if you went without appointment
17. Starring inside somebody's home or standing in front of the house and asking for permission to enter
18. Acting on information /spreading without proper investigation
19. Not intervening to reconcile /make settlement between two Muslims involved in quarrel.
20. Ridicule people
21. Insulting each other and calling each other by offensive nicknames
22. Assuming negative assumptions about others
23. Too much curiosity about other people's affairs
24. Envious about other people
25. Not patient over what befalls you
26. Not enjoin what is right and forbidding what is wrong (could be classified as a major sin too)
27. Not wearing hijab. (Cover the Parts of the body as requested by Religion, Even Christians Nuns have Hijabs and the same for Muslims. These was requested by Previous Scriptures and Quran too which is the last Scripture on the face of the Earth)
28. Wearing revealing dresses by men or women (Could be classified as major sin too, Allah knows the best)
29. Not replying to Greetings
30. Not writing any agreement on paper with witnesses as mentioned in Surah Baqara.

With Allah's Mercy minor sins can be forgiven if we avoid major sins
Allah Says:

- If you avoid the major sins which you are forbidden, We will remove from you your lesser sins and admit you to a noble entrance [into Paradise]. Quran Surah 4 Ayat Number 31
-Those who avoid the major sins and immoralities, only [committing] slight ones. Indeed, your Lord is vast in forgiveness. He was most knowing of you when He produced you from the earth and when you were fetuses in the wombs of your mothers. So do not claim yourselves to be pure; He is most knowing of who fears Him. Quran Surah 53 Ayat Number 32

Hadith By Prophet Mohamed Says:

-Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "The five prayers, Friday to Friday, and Ramadan to Ramadan will expiate the sins committed between them, as long as major sins are avoided."
Source: Ṣaḥīḥ Muslim-Grade: *Sahih*(authentic) according to Muslim

We must try to avoid every kind (major or minor) of sin, because it has not only consequences of severe punishment from Allah, but it deprives you of so many blessings of Allah in this world too. For example:

1. Being deprived of knowledge, for knowledge is light that Allah causes to reach the heart, and sin extinguishes that light.
2. Being deprived of provision as recorded in a Hadith.
3. A sense of alienation comes between a person and his Lord and between him and other people.
4. Things becomes difficult for him, so that he does not turn his attention towards any matter but he finds the way blocked or he finds it difficult. By the same token, for the one who fears Allah and avoid sins, things are made easy for him.
5. The sinner will find darkness in his heart, which he will feel just he feels the darkness of night. The stronger the darkness grows, the greater becomes his confusion, until he falls into innovation, misguidance and other things that lead to doom, without even realizing.
6. Deprivation of worship and obedience to Allah.
7. Sin breeds sin until it dominates a person and he cannot escape from it.
8. Sin weakens a person's willpower. It gradually strengthens his will to commit sin and weakens his will to repent until there is no will in his heart to repent at all.
9. Sin becomes his habit, and he will not be bothered if people see him committing the sin or talk about him. In fact he will proud of his sins and boast with people about his bad acts.
10. When there are many sins they leave a mark on the heart of the person who commits them, so he becomes one of the negligent.

Quran says in Surah 83 Ayat Number 14 "Nay! but on their hearts is the Raan (covering of sins and evil deeds) which they use to earn [meaning sin after sin]". After Raan, Allah seals his heart completely for anything good in future.

What is the remedy for people who committed both major and minor sins?

Allah is so merciful that He gives every chance to His servants to do sincere repentance so He can forgive them. Allah can even forgive the biggest crime "Shirk" (Associating partners with Him), if someone do sincere repentance before his death.

8-Repentance

Repentance (Tawbah) in Islam:

Tawbah (Repentance) is an obligation on every Muslim (No human being except Prophets are free of sins).

Allah forgives sins whether serious(grave) or numerous with sincere repentance.

Only with Allah's mercy will anyone enter paradise (Even our beloved Prophet (saw).

Forgiveness is not automatic, must be sought sincerely and with consciousness.

The following verses will give us some perspective about repentance (Tawbah)

• "Say: O My slaves who have transgressed against themselves (by committing evil deeds and sins)! Do not despair from the mercy of Allah. Verily, Allah forgives all sins. Truly, he is All-Forgiving, Most Merciful." (Quran Surah 39 Ayat Number 53)

• "Allah loves those who are constantly repentant and loves those who purify themselves." ". [Baqara 2:222]

• “O you who have believed, repent to Allah with sincere repentance”[Surah 66 Ayat 8]
• “And turn to Allah in repentance, all of you, O believers, that you might succeed”[Surah 24 Ayat 31]
• “So will they not repent to Allah and seek His forgiveness? And Allah is Forgiving and Merciful.” [Surah 5 Ayat 74]
• “But indeed, I am the Perpetual Forgiver of whoever repents and believes and does righteousness and then continues in guidance.” [Surah 20 Ayat 82]
• “And whoever does a wrong or wrongs himself but then seeks forgiveness of Allah will find Allah Forgiving and Merciful. ” [Surah 4 Ayat 110]
• “And it is He who accepts repentance from his servants and pardons misdeeds, and He knows what you do. ’ [Surah 42 Ayat 25]
• “Do they not know that it is Allah who accepts repentance from His servants and receives charities and that it is Allah who is the Accepting of repentance, the Merciful”? [Surah 9 Ayat 104]

And Prophet Mohamed said:
1) Anas ibn Malik reported: The Prophet, peace and blessings be upon him, said, “All of the children of Adam are sinners, and the best sinners are those who repent.”
Source: Sunan Al-Tirmidhiy

2) Abu Huraira reported Allah's Messenger (ﷺ) having said:
By Him in Whose Hand is my life, if you were not to commit sin, Allah would sweep you out of existence and He would replace (you by) those people who would commit sin and seek forgiveness from Allah, and He would have pardoned them. (Sahih Muslim)

<u>Condition for Repentance (Tawbah)</u>
There are four conditions for Tawbah:
1) Recognizing ones mistakes and sins.
2) Feeling ashamed of violating Allah’s trust of complete submission to his commandments.
3) Making a promise never to repeat such behavior
4) If the sin has to do with the rights of another person, that right must be restored. For example, if violating rights involves money or property, etc., it must be returned to him/her; if it had to do with slandering etc then forgiveness must be asked and so on.
If one of these conditions is missing, then according to many scholars repentance is not sincere.
Some practical steps to take when we commit sin.
1) Meet the 4 conditions mentioned above.
2) Don’t worry about whisper from the devil that our repentance is not accepted by Allah.
3) Follow up repentance with good deeds. Like giving charity, helping someone, focus on reading Quran-anything good to please Allah.
4) Pray the repentance prayer. If following up a bad deed with a good one can change our sins into good deeds, what deed is better than prayer?

Dua (Supplication) for Repentance

اَللّٰهُمَّ اَنْتَ رَبِّيْ لَآ اِلٰهَ اِلَّآ اَنْتَ خَلَقْتَنِيْ
وَاَنَا عَبْدُكَ وَاَنَا عَلٰى عَهْدِكَ وَوَعْدِكَ
مَا اسْتَطَعْتُ اَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ
اَبُوْٓءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَاَبُوْٓءُ بِذَنْبِيْ
فَاغْفِرْ لِيْ فَاِنَّهٗ لَا يَغْفِرُ الذُّنُوْبَ اِلَّآ اَنْتَ

Translation:
"O Allah! You are my Lord. There is no God except You. You created me and I am your slave. To the best of my ability, I will abide by my covenant and pledge to you. I seek
Your protection from the evil of my own creation. I acknowledge Your favours to me and I admit my sins. So please forgive me for no one can forgive sins except you"

This supplication is called as Master of Repentance. (Reference: Hadith Saheh Al Bukhari)
Frequently pray this Prayer for forgiveness.

May Allah give us ability to avoid all sins (major or minor) and ask for true forgiveness with sincere repentance.
The list of major and minor sins in this article is only for informational and guidance purposes. Reader should not take this as religious edict (Religious ruling or fatwa).
To conclude, I would like to quote from a great Muslim scholar named Hasan Basari. Once he was asked what is the secret of his piety (Righteousness). He replied
"Once I understood the following four things, my piety is increased"
1. Once I realized that no one can take away or increase my sustenance as prescribed by Allah for me, and then my heart became content.
2. When I realized that nobody can pray or do good deeds on my behalf, then I started doing it myself.
3. When I realized that Allah is present everywhere and I cannot hide my sins with Him, then I felt ashamed in doing sins.
4. When I realized that death is waiting for me, then I started preparing myself to meet my creator Allah.

If we ponder on these items then we realize that the number one reason people commit sins is because of money and if we realize that our sustenance is predetermined by Allah, then there is no need to acquire money by illegitimate means and commit sins, secondly if we know that Allah is always there to watch everything we do, then how come we will not be ashamed to commit sins openly or secretly. And lastly if we realize our death can come any moment without a warning and we have to meet our creator and give accountability of our every single deed, then how we will commit any sin?

Just pondering over these things will stop us committing major or minor sins Inshah' Allah.
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9-Conclusion

The Universe (or Multi Universes) and all within it is created by Allah (God). When we are sick we go to the Doctor asking for help. The Doctor will do his best to help us but don't forget that he is only a means and the one who cures us is the Creator (Allah). When we pray and ask his help all will work well except when Allah(God) decides the opposite for the reason we don't know because he is the only one who knows the secrets behind the reasons. The Prayer of Prophet Noah is about "blessed sustenance" which we all require in our lives. And as Noah advised his people to ask for forgiveness we should follow his advice. Quran is not a passive book, it is for all times and the stories in it are also active. When we apply them in our daily issues we get results. The Prayer of Prophet Ayyub (Job) is concerning Physical diseases, few words but very powerful. Allah also gives us one of the best medicines which can help us cure depression and stress and that is by remembering his name. By just remembering one of his great names and glorify him we will be able to get rid of this psychological disease which affects many of us in this world. I also ask Allah to accept this humble service for the benefit of humanity.